

# Nutrition Facts

1 serving per container

**Serving size**

**(160g)**

**Amount Per Serving**

**Calories**

**210**

**% Daily Value\***

**Total Fat** 11g **14%**

Saturated Fat 6g **30%**

*Trans* Fat 0g

**Cholesterol** 35mg **12%**

**Sodium** 500mg **22%**

**Total Carbohydrate** 13g **5%**

Dietary Fiber 4g **14%**

Total Sugars 7g

Includes 1g Added Sugars **2%**

**Protein** 14g

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 2.2mg 10%

Potassium 570mg 10%

Vitamin A 480mcg 50%

Vitamin C 49mg 50%

Vitamin E 1.6mg 10%

Thiamin 0.1mg 10%

Riboflavin 0.2mg 15%

Vitamin B6 0.5mg 25%

Vitamin B12 1.2mcg 50%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: GROUND BEEF, ONION, ZUCCHINI, EGGPLANT, RED PEPPERS, CARROTS, KETCHUP, VEGETARIAN TONKATSU SAUCE, SOY SAUCE, VEGETABLE OIL, CURRY POWDER, SALT